



# FREDERICTON DISTRICT SOCCER ASSOCIATION

## FDSA COVID19 Return to Play Operational Plan

This document will serve as the FDSA's club plan to return to play safely by integrating recommendations, guidelines, protocols and best practices provided by National and Provincial soccer bodies, Public Health authorities, Government of New Brunswick Chief Medical Officer and Provincial sport branch consultants. By reaching the yellow phase of recovery in the province, authorities have allowed team sport to return to play with low contact. We are implementing a phased in approach to our return and until such time that we are allowed to return to group competition, we will respect measures such as physical distancing, sanitizing/disinfecting of hands and equipment and the use of personal protective equipment in instances where physical distancing cannot be practiced. This will be a living plan that will require revisions as the situation in our province evolves and we will manage these requirements so we can provide a safe and enjoyable sport experience for our youth.

### **Return to Play Scenarios**

In returning to play, we have mapped out 3 phases in conjunction with Soccer NB that will guide our activities on field.

- **Phase 1 - Return to Soccer-Like Activities:** U8-U18 to return. Approximate date of June 22, 2020. Return to soccer like activities, that involve soccer fields, balls and individual soccer skills. Continue to respect physical distancing; Small Groups 50 or less for U8 - U18. No opposition in training, no Matches, min space used: 30X50M (U8/10); 60X50M (U12+)
- **Phase 2 – Return to Soccer-Like Activities:** U4 & U6 to return. Approximate date of July 6, 2020. Continue to respect physical distancing. U4 & U6 return with parents participating w/ child in individual drills.
- **Phase 3 – Introduction of game activities & small sided games in Low Contact scenarios:** 3v3, 5v5 8v8 games will be introduced into training sessions with modified rules in Block 3 of play. List of modified rules can be seen below

### **Program Priorities**

The key priority area for our programming in summer of 2020, will be participation and connection, with this in mind programs will be built with increased emphasis on playing locally, and players being connected with friends. Key priority areas:

- Focus on safety and following best practices as laid out by Soccer Canada, Sport Canada, Soccer NB, Government of NB etc.
- Focus on reconnection of friends and teammates
- Focus on cost effective programming, that removes barriers to access for families who are facing different financial realities.

## **Guiding principles**

### **No matches or games with opposition**

There will be no soccer matches by any age categories until such time as the Provincial Health Authority deems it appropriate. The focus will be on the practice of soccer skills, techniques and understanding for individual development.

### **Space management and group organization**

All training sessions will take place outdoors. Permitted player numbers will be calculated based upon the space available and that is required for the designed practice sessions. Players will be divided into small groups of 10 per ¼ field or 20 per ½ field and this will be strictly enforced. The player / area ratio will be respected at all times according to the standards determined by Soccer New Brunswick and will be monitored by non-coaching field marshals.

### **Training in the form of a fixed workshop**

Training will be given in the form of fixed workshops (group of players whose number is limited and involved in a predetermined space). The workshops will offer activities authorized by Soccer New Brunswick. Focus will be based upon foot-based skills with heading activities being prohibited. Keeping the ball below waist is recommended.

## **Control of Equipment, Management and Use**

### **Personal Equipment**

We are asking that ALL players come to the fields 'ready to play'; meaning shoes, socks, shin pads should not be put on at the field.

Personal equipment will be authorized under the following conditions:

1. It MUST be disinfected before entering the field
  - The field has a space dedicated to equipment and sufficient such that equipment can be separated or organized so players can maintain social distance
2. equipment must be limited to: a bottle of water (Labelled with Player Name), a disinfectant solution or sanitizer as approved by the Province, shoes, shin guards, towel.
3. a ball will be provided
4. BAGS will now be permitted inside facilities. All personal equipment, other than a water bottle MUST remain inside bags during sessions and placed on their personal cone with their water bottle.

**Team Training Equipment:**

Balls, cones and field equipment will be disinfected before each session, between sessions and before being stored at the end of training sessions. 3-4 spray bottles of pre-mixed disinfectant will be used to disinfect all equipment at fields. Buckeye – Sani-Q concentrate will be mixed at ratio of 1.43ml/710ml bottle. This is a medical grade disinfectant that will ensure proper sanitization.

Additional sanitizer will be made available for coaches, field supervisor and others. All volunteers, coaches and players must have hand sanitizer on them and readily available as well as have completed the pre-screening tool online no more than 6 hours prior to arriving at the field. Volunteers will be asked to bring a 'community mask' if they have one. A disposable mask will be provided if they do not have their own.

**Creation of the roles of supervisor and reception manager**

Individuals (parents or volunteers) will be appointed and "trained" as supervisors to:

1. Ensure that the physical distance of 2 meters is respected at all times during training,
2. To coordinate access to the field in order to meet the requirements for distance.
3. Confirm screening questions related to the symptoms of Covid-19 have been answered by all participants . Use Polulus Global Assessment tool.
4. Make sure that participants (athletes or coaches) at higher risk of severe COVID-19 disease (e.g., people over 65 years of age or people with underlying health conditions) are made aware of the risks.
5. Ensure parents stay in the parking lot and away from training areas but remain close and accessible on cases of emergency.

**Mandatory procedures for training sessions**

To ensure the safety of all participants and all stakeholders, strict health protocols have been put in place by the clubs for the organization of soccer events. These protocols were developed by Soccer NB to be consistent with this plan. FDSA are committing to following the requirements for each training session. The protocols will be revised according to government directives and the evolution of the situation facing COVID-19. The priority at all times will be the protection of participants and the safety of all.

**Continuous Re-evaluation and Improvement**

This plan will require regular review and updating as COVID-19 prevention/protection measures evolve. To be effective, all changes will be communicated to members by e-mail and social media as soon as practical. The FDSA staff will ensure follow-up with the Safe-Return-To-Play Coordinator. Soccer New Brunswick will appoint a full-time Safe-Return-To-Play coordinator during the time of the crisis.

**Pre-screening Tool**

FDSA is working with Populus Global Health, a local service provider to develop a customized pre-screening tool for all staff, volunteers and participants. This is an online questionnaire/app that each participant will be required to complete no more than 6 hours prior to attending each session. Participants will be required to answer all questions and submit in order to participate in any activities that day. Volunteers managing entrance to fields will have access to a dashboard with data related to participants at their field. Data will show whether participants are clear to play or should remain at home based on their answers provided. Volunteers will be able to see if any participants have not submitted answers and can manage entrance to field accordingly. Submissions could be completed at fields upon arrival if necessary.

If this technology is offline or not functional for any reason, participants will be manually pre-screened at the entrance to each facility each night. Any participants having indicated that they are experiencing symptoms or have been in close contact of COVID19, will not be permitted entrance to the facility and be ask to return home and contact 8-1-1 for further assistance. Attendance and data will be collected and kept securely at the FDSA for future use by authorities for contact tracing or public health purposes. This information shall not be shared for any other purpose, without the consent of participants.

### **Individual Development Activities**

The individual development of the player will be at the center of the activities offered during the progressive return phase. All training will rigorously respect all eight guiding principles presented above.

The individual development activities that to be offered are divided into 4 main families:

- **Individual technical development:**

Unopposed activities to develop techniques specific to soccer. For example, exercises of the “Coerver” type, juggling, drift work and ball driving on courses, specific work by shift in small groups. All these activities are carried out individually with a ball.

- **Activation and physical preparation:**

Motor and physical development activities; allow to prepare the body for exercise, to work on coordination, mobility, speed, balance, flexibility, etc. All these activities are carried out individually, with or without a ball.

- **Challenges:**

By challenge activity, we refer to activities which include competition between 2 or more players but without opposition (i.e. no possibility of contact). These activities can take the form of soccer-tennis, accumulating points in a specific time, etc. These activities can be carried out with 2 or more players, with or without a ball.

- **Online activity:**

Workshops for developing mental or tactical skills. This type of activity can be done remotely with more participants. For example, match analysis session, web conferences on various sports themes, cultural soccer activity.

Each category of activity can take several forms depending on government safety measures and the evolution of the situation.

With this type of content, FDSA ensures a specific activity in soccer that is not conducive to COVID-19 contamination.

### **Rules Considerations/modifications**

**Free Kicks:** Except for Penalty Kicks, all free kicks are in-direct. Fouls that would normally result in a direct free kick that are committed by a defender in their penalty area will be punished by a penalty

**Walls for Free Kicks:** Defenders must be (two) 2 meters apart from one another when creating a wall. After the first verbal warning for failure to comply, a yellow card will be issued for unsporting behavior

**Throw-ins:** No throw-ins. The ball must be kicked into play. The ball must be placed outside the line. The ball is in play as soon as it enters the Field of Play. The kick must remain below knee height or an indirect free kick will be awarded to the opponents at the spot of the throw-in. Opponents must be 10 yards from the taking of the kick. No offside on kick-ins.-

**Corner kicks:** All corner kicks must be kicked in below knee height level. Failure to comply will result in a goal kick to the defending team.

**Drop ball:** The drop ball requirement has been removed to reduce handling of the ball and has been converted to an indirect free kick. If the drop ball is inside the penalty area after hitting the Referee, the ball automatically goes to the Goalkeeper. The Referee leaves the ball on the ground, and the Goalkeeper picks it up.

An in-direct free kick awarded when a player intentionally commits any of the following offenses (penalty kick awarded when infringement takes place in penalty area)

- kicking or attempting to kick an opponent
- tripping an opponent
- jumping at an opponent
- charging an opponent in a violent or dangerous manner
- charging an opponent from behind
- striking, attempting to strike, or spitting at an opponent
- holding an opponent
- pushing an opponent
- charging an opponent with shoulder (i.e., shoulder charge)
- sliding at an opponent (i.e., sliding tackle)
- No headers are allowed

### **Facilities/Fields**

We will be using 4 separate facilities for our programming beginning June 22 and adding a 5<sup>th</sup> on July 6<sup>th</sup>. Each field is fenced and gated to help with traffic flow in and out and to remind parents that they cannot enter inside the gated field.

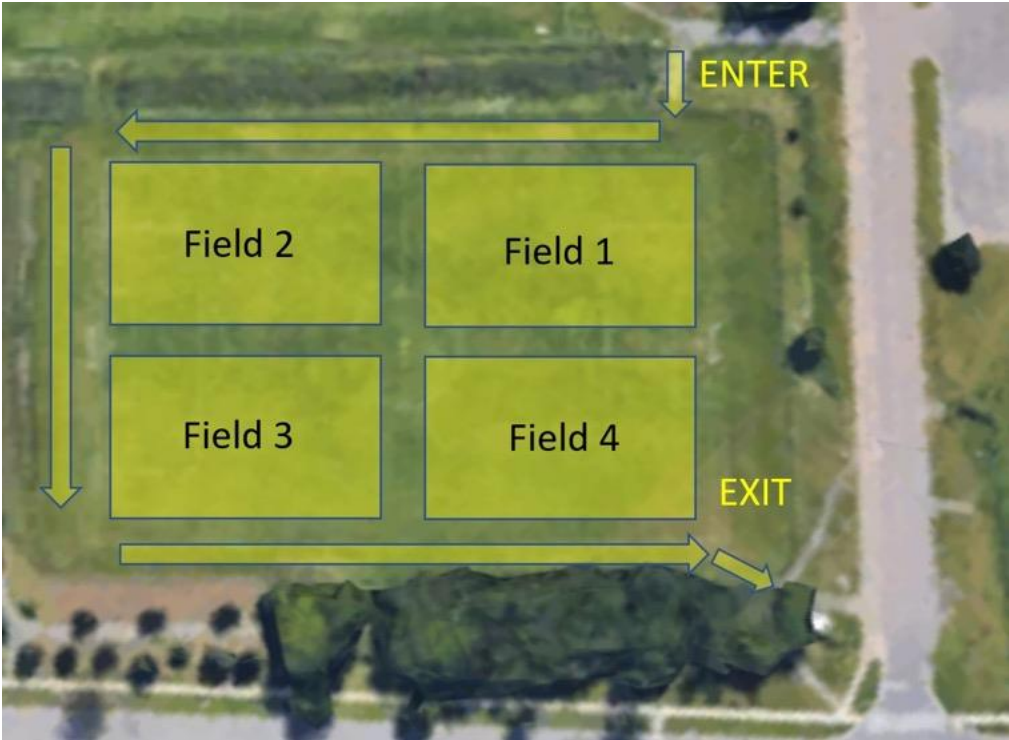
- There are 2 gates at each location to be used as an entrance and exit as shown in diagrams.

- Each field has clearly marked areas for each of the small groups participating in activities.
- Each field will have a designated area for equipment that is well marked. All equipment will reside in this area and will be sanitized in this area as noted in plan.
- Each group/section will have a designated area for personal equipment so as to separate from other groups to keep from intermingling.

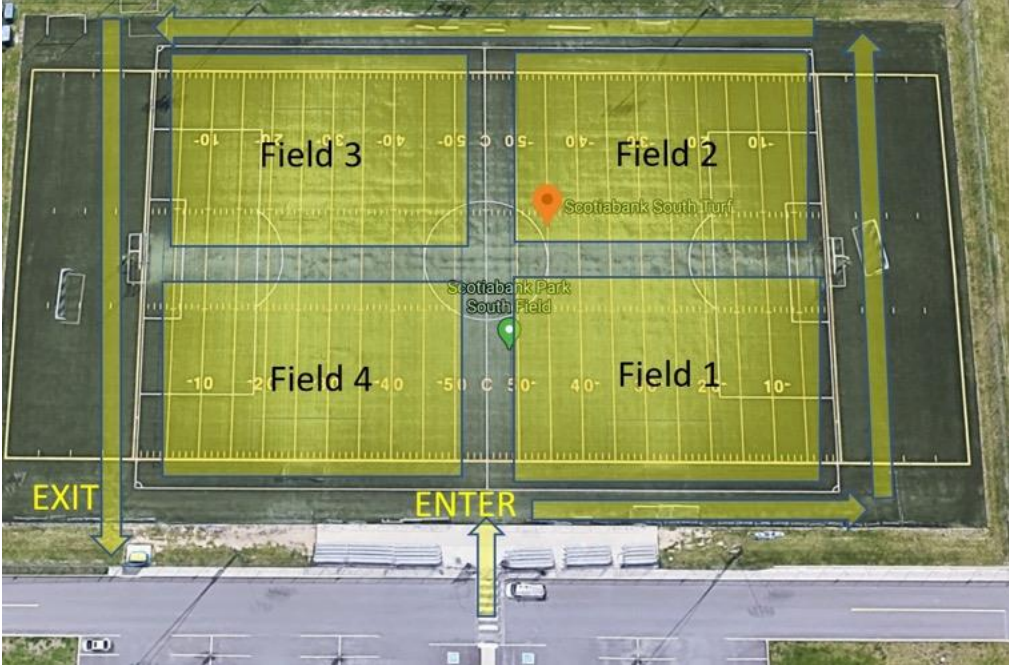
Barker Street Field



Nasis Middle School Lower Field



Sotiabank Park South



## Scotiabank Park North



## Volunteer Roles and Responsibilities on the Field

### Reception Manager

#### Prior to sessions

- Arrive 20-30 mins prior to session
- Check-in with Field Manager
- Make sure players line up on designated cones/paint lines
- Go through the pre-participation questionnaire with all participants before they enter the field
- Do Not admit anyone who answers Yes to any of the questionnaire questions
- Take attendance
- Ensure all participants are on the Master List of the evening
- Entry is not permitted to anyone NOT on the Master List
- Advise Field Manager of anyone wishing to enter that is NOT on Master List
- Ensures that all stakeholders and participants who enter the field disinfect their hands
- Make sure each participant has only the following items inside the gates: Water Bottle, Inhaler/Epipen, Sanitizer

#### Once Session begins

- Make sure no one enter the field area that is not authorized
- Help ensure all participants leave the field area quickly and in the correct direction/manner
- Help Field Manager and coaches collect and sanitize balls, cones, flags etc. at the end of the session



- Ensure attendance list are placed in the Field Guide Binder to be taken back to and filed at FDSA Office.

## **Field Manager**

### Prior to Session

- Arrive 45 mins prior to session start
- Begin to set up location and field starting with cones outside the gates, then directional cones and field numbers
- Mark off safety zones with yellow cones
- Add Water bottle cones (SBS & SBN)
- Make sure all ball bags and cone bag are in middle of field ready for coaches
- Greet other volunteers and make sure Reception Manager and Field Marshall have players lists and sanitization stations setup and ready.

### Once Session begins

- Ensures that the health rules and regulations are respected
- Ensures that ratios and obligations are respected
- Validate training content and intervenes with coaches when needed
- Ensures that the equipment is disinfected and maintained in the safety area

## **Field Marshall**

### Prior to Session

- Arrive 20-30 min prior to session start
- Assist Field Manger with field setup
- Assist Reception Manager with Player check-ins
- Apply hand sanitizer to all persons entering field area

### During sessions

- Supervises players to ensure compliance with distance rules
- Assists the field manager to manage the players/coaches
- Can play the role of reception manager if necessary
- Manage situation when a participant feels unwell
- Assist the Field Manager with equipment sanitization
- Assist Reception Manager
- Assist Field Manager and Coaches with equipment collection and sanitization at end of session

### **Note:**

-All organizers and training staff health checks will be performed before each training session.

-All organizers and training staff need to take a specific training based on return to play protocol operation plan.

-All organizers are encouraged to wear a community face mask to help reduce the risk of transmission of COVID-19

**Field Organization, Coach & Player Tips for Safe Play**

Player Management		
Before	During	After
<ul style="list-style-type: none"> <li>• Consider sending a session plan to the parents and players prior to the session.</li> <li>• Highlight which zone is allocated to which player.</li> <li>• Ensure parents are aware of the Return to play recommendations and guidelines.</li> </ul>	<ul style="list-style-type: none"> <li>• Encourage the players to enjoy playing soccer in the current format.</li> <li>• Don't be overly concerned about players lacking technical ability at this time.</li> <li>• Keep distancing measures in place between players and coaching staff.</li> </ul>	<ul style="list-style-type: none"> <li>• Validate the effort your players demonstrated during the session.</li> <li>• Ask the players if they have any suggestions for session activities next time.</li> <li>• Ensure that each player goes home with their designated household contact.</li> </ul>

Equipment Management		
Before	During	After
<ul style="list-style-type: none"> <li>• Have a designated bag for your equipment and a designated location on the field to place your own equipment.</li> <li>• Have enough cones and balls available for your session.</li> <li>• Coach sets up all the equipment and follows club procedure for any equipment cleaning process.</li> </ul>	<ul style="list-style-type: none"> <li>• Reset cones that delineate the physical distancing parameters whenever they are moved out of place.</li> <li>• Ask and remind players to avoid touching the equipment.</li> <li>• Be adaptive, if there is not enough goals for the game activities, use cones instead.</li> </ul>	<ul style="list-style-type: none"> <li>• Ensure that all equipment is taken from the playing field in a safe manner.</li> <li>• Consider cleaning and disinfecting all equipment after the practice is over.</li> <li>• Reflect on how the equipment was managed and distributed to improve this for the next session.</li> </ul>

**GUIDELINES/RESTRICTIONS For Players**

FDSA will take every precaution to help keep all participants safe.

Players, coaches and referees can enjoy the many physical and mental benefits that soccer offers so long as everyone practices social distancing by keeping 2 meters apart from other participants to ensure every individual is in a safe exercise environment and follow all safety guidelines.

### **BEFORE PLAY**

Do not play if any of you:

a. Are exhibiting any of the symptoms of the coronavirus:

- Fever above 38 degrees Celsius
- A new cough, or worsening chronic cough
- Sore throat
- Runny nose
- Headache
- A new onset of fatigue
- A new onset of muscle pain
- Diarrhea
- loss of sense of taste
- loss of sense of smell
- In children, purple markings on the fingers and toes

b. Have been in contact with someone with COVID-19 in the last 14 days.

c. Have travelled outside the province in the last 14 days

### **PREPARING TO PLAY**

Protect against infections:

a) Wash your hands with a disinfectant soap and water (for 20 seconds or longer), or use a hand sanitizer if soap and water are not readily available, before going to the field.

b) Clean and wipe down your equipment, including soccer shoes, shin pads and water bottles and do not share any of your equipment.

c) Bring a full water bottle to avoid touching a tap or water fountain handle. The bottle must be labelled with the player's name.

d) Take extra precautions such as wearing gloves or a mask

e) If you need to sneeze or cough, do so into a tissue or upper sleeve.

f) Arrive as close to the designated time when you need to be there as possible. We suggest 10mins or less prior

g) Avoid touching field gates, fences, benches. Wipes/hand sanitizer must be available.

### **WHEN PLAYING/PRACTISING**

a) Remain at least 2 meters apart from other players. Do not make physical contact with them (*e.g.* NO SHAKING HANDS OR A HIGH FIVES).

b) Avoid touching your face after handling a ball, or other equipment. Wash your hands promptly if you have touched your eyes, nose or mouth.

- c) Don't share food, drinks or towels.
- d) Avoid using your hands directly to pick up the balls. No throw-ins will be practiced.
- e) Stay on your side of the field.
- f) Remain apart from other players when taking a break.
- g) If a ball from another field comes to you, send it back with a pass to the safety zone.
- h) No headers will be allowed.

### **AFTER PLAYING**

- a) Leave the field immediately after practice obeying the required traffic zone and directional flow around the field going clockwise.
- b) Wash your hands thoroughly or use a hand sanitizer after coming off the field.
- c) Do not use the locker room or changing area. Shower at home.
- d) No social activity should take place. No congregation after playing.
- e) All players should leave the facility immediately after play.

### **EMERGENCY RESPONSE AND OUTBREAK PLAN**

#### **First Aid**

Are critical interventions likely required? If so call 911.

First aid protocols for an unresponsive person during COVID-19: <https://www.redcross.ca/training-and-certification/first-aid-tips-and-resources/first-aid-tips/first-aid-protocols-for-an-unresponsive-person-during-covid-19>

In the event that first aid is required to be administered during an activity, all persons attending to the injured individual must first put on a mask and gloves. A parent of the injured player should be the first to administer first aid. Try to limit the number of individuals in contact with the sick person.

While wearing PPE, clean and disinfect items which have touched the patient. After cleaning, dispose of PPE and perform hand hygiene.

#### **Outbreak Plan**

Early detection of symptoms will facilitate the immediate implementation of effective control measures. In addition, the early detection and immediate implementation of enhanced cleaning measures are two of the most important factors in limiting the size and length of an outbreak. An "outbreak" is two or more cases; a "case" is a single case of COVID-19.

1. Identify the roles and responsibilities of staff or volunteers if a case or outbreak is reported. Determine who within the organization has the authority to modify, restrict, postpone or cancel activities.
2. If staff (including volunteers) or a participant reports they are suspected or confirmed to have COVID-19 and have been at the workplace/activity place, implement enhanced cleaning measures to reduce risk of transmission. If you are not the facility operator, notify the facility right away.
3. Implement your illness policy and advise individuals to:
  - Self-isolate

- Monitor their symptoms daily, report respiratory illness and not to return to activity for at least 10 days following the onset of fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue and loss of appetite.

- Use the COVID-19 self-assessment tool at NB COVID-19 Self-Assessment Tool to help determine if further assessment or testing for COVID-19 is needed. Individuals can contact 8-1-1 if further health advice is required and 9-1-1 if it is an emergency.

4. In the event of a suspected case or outbreak of influenza-like-illness, immediately report the potential exposure to WorkSafe NB by email ([conformite@ws-ts.nb.ca](mailto:conformite@ws-ts.nb.ca)) or calling 1 800 999-9775.

5. If your organization is contacted by a medical health officer in the course of contact tracing, cooperate with local health authorities.

The safety and health of our participants is our first and foremost concern in our decision-making.

We are working with our local city/municipality to adhere to appropriate requirements to ensure we are providing a safe environment for all participants.